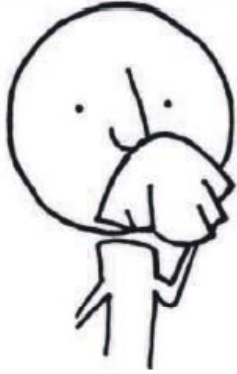
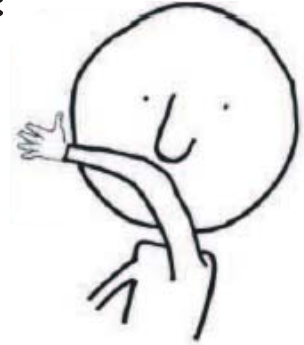


# What To Do If You Cannot Get Flu Vaccine

**Use (and teach your children)**  
**respiratory etiquette:**



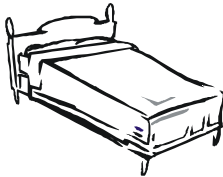
- ✓ Cover your cough or sneeze with a tissue or sleeve.



- ✓ Put your used tissue in the waste basket.



- ✓ Clean your hands after coughing or sneezing.



- ✓ Stay home from work or school if you are ill with respiratory symptoms or fever.

- ✓ If you are in a Flu Shot Priority Group\*, call your health care provider and at least be put on a list for the flu vaccine when and if it becomes available.
- ✓ If you are 5-49 and otherwise healthy, ask your provider about the FluMist nasal vaccine, which is available in some places.

\*Highest Priorities as of 12/11/03:  
Persons over 64 years of age;  
healthy children 6-23 months of age;  
any person age 2 years and older with  
chronic underlying conditions; pregnant  
women beyond first trimester.



Bureau of Health  
Maine Department of Human Services  
[www.mainepublichealth.gov](http://www.mainepublichealth.gov)